

Therapeutic Recreation

www.chulavistaca.gov/rec

Carmel Wilson C.T.R.S.
Recreation Supervisor II
(619) 409-5800

Annual Membership Fee

\$40 Residents / \$50 Nonresidents
September - August. Includes a T-shirt plus discounted admission for dances, field trips and programs. Membership is accepted at any program, or mail fee to:

**City of Chula Vista
Therapeutics Section
270 F Street
Chula Vista CA 91910**

Willing to Help?

The Therapeutics Section provides an excellent opportunity for individuals to lend a helping hand with various activities and programs. If interested, call Carmel Wilson at (619) 409-5800.

We'd like to hear from you...

The Recreation Department would like to expand its programs for children and adults with physical disabilities. Please call with comments/suggestions.

Kids Included Together (KIT)

A nonprofit organization that is designed to support programs that serve children with disabilities from a grant that provides funding. This grant will continue to provide Inclusion Aide assistance for children with disabilities.

Thursday Night Program

Ages 13+

CV Woman's Club 7 - 9 pm
A free, drop-in program for teens and adults with developmental disabilities. Activities include games, exercise, sports, music and special events. Group meets three times per month. Call to register.

Saturday Program

Ages 6+

Parkway Center 9 am - 12 pm
Free Saturday programs are for persons with developmental disabilities. Includes music, art, dancing, games, sports, field trips and special events. Register no later than the Thursday before the program. Group meets two times per month.

Mark Your Calendar! Special Events:

June 12: Summer Blast-off
June 24: Summer Outing
July 22: Parents Potluck
July 24: Hot Summer Nights Dance
Aug. 10-14: JAWS Wheelchair Sports Camp

Jazz Dance

Ages 6+

Loma Verde Recreation Center
Learn basic jazz steps and movements to the "top hits." It's a fun way to exercise and learn new dance steps designed for individuals with developmental disabilities. Join anytime!
Mondays beginning August 9, 5 - 6 pm
Fee: Members \$24 / Nonmembers \$32

Cooking Class

Ages 6+

Parkway Community Center
Learn "hands-on" cooking basics while preparing food to enjoy. Nutrition education and clean up skills are also included in this program. Registration is required. Class is limited to 8 participants.
12 - 1 pm; June 19, July 17
Fee: Members \$2 / Nonmembers \$4

Young Adults Club

16 - 25 years

Loma Verde Recreation Center
Designed for active young adults with developmental disabilities. Focus on social interaction, leisure skills and community awareness. The fee and program location varies with the activity. Call to register.
1st & 3rd Friday 7 - 9 pm

NEW! Clay Creations

Ages 8+

Heritage Recreation Center
This 8-week ceramics class is designed for youth and adults with or without disabilities to develop creativity through ceramics. Introduces basic skills in hand building, wheel throwing and glazing.
June 1 - July 20. Call for more info.
\$40 Members / \$45 Nonmembers

Wheely Sports

Ages 8+

Otay Recreation Center
This free wheelchair sports program is designed for the active, sports-minded individual with physical disabilities. Group meets three times per month.
Call (619) 409-5800 to register.
Wednesdays 4:30 - 6:30 pm

Indoor Wheelchair Basketball

Ages 18+

Parkway Community Center
Open to wheelchair users and nonusers, however each player must use a wheelchair to play. Staff will loan chairs if needed. Athletes of all ability levels are needed. This program is in conjunction with the San Diego XPress wheelchair basketball team practice. FREE! Call to register.
Practice: Wed evenings 6:45 - 8:30 pm
Tournament play TBA.

Aqua Exercise

Loma Verde Pool (1420 Loma Lane)
A fun way to stay in shape! Focus on overall body fitness and recreation in the water.
Fee: Members \$24 / Nonmembers \$32
Mondays 7 - 8 pm

Sunday Leisure Bowling

This bowling program is designed for active children, teens and adults with developmental or physical disabilities. Brunswick Premier Lanes, 845 Lazo Ct.
Fee: Members \$25 / Nonmembers \$35 (add \$6 bowling fee per week)
Sundays, June 27 - Sept. 12
3:30 - 5:30 pm

Adaptive Fitness

Ages 16+

Otay Recreation Center
This morning circuit workout program is designed for individuals with physical disabilities. The center offers a variety of state-of-the-art equipment to meet fitness goals. The workouts are fun, yet challenging and include strength training, toning and cardiovascular work. Registration required.
Mon/Wed/Fri 9:30 - 11 am
Fee: Resident \$42 / Nonresident \$53

Hand Cycling

7 - 14 yrs.

Greg Rogers Elementary School
510 E. Naples Street, Chula Vista
This 5-week introduction to the Hand Cycling program is for children with physical disabilities. Learn an adaptive outdoor sport while increasing strength and endurance. Fee: \$15
Tuesdays, June 1, 8, 15 / 3:30 - 5:30 pm

Camp Sunrise

7 - 14 yrs.

Loma Verde Recreation Center
A day camp for children, teens, and adults with developmental disabilities. Develop leisure skills, socialize with peers, and learn new camp activities. The camp will include sports and games, swimming, arts and crafts, a field trip, and a special lunch at the end of the week. Those registering for camp through vendorization with San Diego Regional Center will need to present authorization from social worker.
\$125/session (includes T-shirt)

Session I: June 21 - 25 9 am - 2 pm
"Space Camp"

Session II: Aug. 23 - 27 9 am - 2 pm
"Back to the Beach Camp"